



diabetes

make a *personal* commitment
to your health

You don't want diabetes to control your life.

Neither do we.

*The complications of diabetes – blindness, for instance – are just as sobering as the condition itself. That's why we designed **CIGNA Well Aware for Better Health® for diabetes**. A program that provides personal support to help you monitor and manage your diabetes more effectively. And a wide selection of educational materials and tools to help you better understand your condition and improve your health. The only thing you really need to add is your personal commitment.*

Fortify yourself with foresight.

You're probably already receiving care for diabetes through your doctor. So how does **Well Aware** support your doctor's treatment plan? For one thing, it helps you become more responsive to your own needs. Not just by taking prescribed insulin injections and other medications. Or monitoring your blood sugar levels. But also by making lifestyle changes like modifying your diet and sticking with a safe, regular exercise plan. And to help you avoid serious medical complications, we'll remind you of critical preventive steps. Like getting A1C tests, cholesterol screenings, retinal eye exams and foot exams. And if you are enrolled in a CIGNA Dental Plan, you may qualify for enhanced dental benefits for treating periodontal (gum) disease. Research has shown that gum disease is linked to complications for diabetes. Call Member Services at the number on your CIGNA HealthCare ID card – and follow the prompts to dental – to find out if you can take advantage of this enhanced benefit.

Well Aware also provides support, including educational material and health reminders to meet your needs. You'll receive *Diabetes Outlook*, an informative newsletter, as well as educational mailings and health reminders.



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And a personal workbook to help you keep important dates, records of your symptoms and self-care guidelines all in one place.

And because there's no substitute for personal contact, **Well Aware** has a team of registered nurses and other clinicians available to you by phone 7 days a week, 24 hours a day. They're here to support you. Helping to develop action plans and reinforcing behavior changes. And offering the reassuring benefit of their experience with people living with diabetes.

Take control of your life.

Diabetes doesn't have to keep you from a fulfilling, active life. Through **Well Aware**, you'll learn to manage your condition better and become more aware of preventive steps. To make dietary changes and exercise wisely. And to help reduce your risk of complications, like severe infection and vision problems, by following a plan you've worked out with your doctor's guidance. And when you're tired, stressed out or just feeling less than your best, you'll be better equipped to deal with it. So you can spend less time being a diabetes patient and more time living your life.

Our commitment.

To help us deliver high-quality service that you can rely on, the **Well Aware** program for diabetes works with Healthways, Inc., the nation's largest, most experienced disease management company. With 20-plus years experience, Healthways provides services to more than one million people, and is the winner of the prestigious Comprehensive Disease Management Company Leadership award.

Find out more.

For more information about the **Well Aware** program for diabetes, call the **Well Aware** team at **1.866.797.5833**, or visit our website at **www.cigna.com/wellaware**.

If you have questions about your benefit plan, please call your health plan's Member Services.

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